

# JULY BIRTHDAYS

Anthony W. Silva July 2

Mary I Tapia (Belle) July 3

Nurse Erika Solis July 3

Ruth Alcala July 4

Viola Delgado July 5

Fermin Gutierrez July 7

Consuelo Gomez July 7

Fernando Gomez July 8

Albert Rocha July 12

Yolanda Casas July 13

Maria Perez July 14

Enrique Cortez July 15

Noemi Moreno July 24

Arturo M Lomas July 27

Maria V Jimenez July 28

Martha C Hernandez July 28

## BIRTHDAY CELEBRATION

**11:00 - 1:00 TUESDAY, JULY 26, 2022**

**BRING YOUR OWN FOOD NO MEAL SERVED  
DECORATE YOUR TABLE**

## WHAT YOU MISSED!

### FATHER'S DAY CELEBRATION

Gifts from Texas State Senator José Menéndez



**Project Cool  
FREE FANS KICKOFF**  
GUADALUPE COMMUNITY CENTER



### JUNE BIRTHDAY LUAU PARTY

PRIZE WINNERS



Appreciation to Coordinators  
Gina Manchaca, Richard Ramos  
and Rachel Cisernos

## JUNE BIRTHDAY LUAU PARTY



Miss Teen Bexar County  
Anahi Gutierrez

**PERFORMERS ALOHA KITCHEN**



**HULA PERFORMERS  
NANI NĀPUA 'ILIMA**

# DISTRICT 5 SENIOR CENTER

**COME ALIVE AT**

**Active Adult Center for Entertainment (AACE)**

Activities Monday - Friday 7:30 to 3:45

2701 S. Presa San Antonio, Tx 78210 (210) 207-5270

**SAFETY FIRST ORIENTATION 9:00 EVERY MONDAY**

**GET TO KNOW THE D5 CENTER**

## DRINK TO YOUR HEALTH

Filtered water  
No touch water fountain



**TARGET  
2,500  
BOTTLES SAVED**

**TELL CENTER STAFF  
ONCE YOU REACH TARGET TO  
RECEIVE PRIZE**

## HISTORY OF INDEPENDENCE DAY

On July 4, 1776 the Continental Congress formally adopted the Declaration of Independence, which had been written largely by President Jefferson. Though the vote for actual independence took place on July 2, from then on July 4 became the day that was celebrated as the birth of American Independence.

**HAPPY 4<sup>TH</sup> OF JULY!**

**12:30 FRIDAY JULY 1**

**Movie and Banana Split**

## JULY 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**CENTER CLOSED  
MONDAY, JULY 4**



Health Screenings 8:00 - 3:00

**WELLMED**

- Blood Pressure
- Body Mass Index
- Blood Glucose
- Check Weight
- Coordination with community partners for additional screenings (vision, hearing, etc.)
- Flu Vaccine (when in season)

WITH NURSE ERIKA

Monday, Tuesday, Thursday and Friday

**Medicaid/Medicare Assistance**

Sponsored by **WELLMED**

**EVERY TUESDAY OF THE MONTH**  
9:00 - 11:00

MEDICARE PRO **RUBY GARCIA**  
INDEPENDENT INSURANCE ADVISOR

**CPS ENERGY**

**Utility Assistance**

Need help paying your utility and other bills?

**1:30—3:30 Tuesday, July 12, 2022**  
Every Second Tuesday of Each month

**GYM OPERATION TIMES**

EQUIPMENT USE (45 MINS)	CLOSED FOR SANITATION
7:30 - 8:15	8:15 - 8:25
8:25 - 9:10	9:10 - 9:20
9:20 - 10:05	10:05 - 10:15
10:15 - 11:00	11:00 - 11:05
11:05 - 11:50	11:50 - 11:55
11:55 - 12:40	12:40 - 1:20
1:20 - 2:05	2:05 - 2:10
2:10 - 2:55	2:55 - 3:00
3:00 - 3:45	3:45 - 4:00

Personal Trainer available  
10:00 Every Friday  
Sign up - Limited Space

**SOCIALIZATION AND FUN**  
7:30 - 3:45 Monday - Friday

- Shuffleboard
- Bean Bag Toss
- Library available
- Pool Table
- Dominoes
- Giant Connect Four
- Television watching
- Board Games

**FRIDAY FUN DAY**  
*July 8 Karaoke*

**MOVIES AND REFRESHMENTS**  
**12:30-2:00 EVERY FRIDAY**

**OASIS Lifelong Adventure**  
**Levels of Care in Senior Living**  
10:00 - 11:00 Wednesday, July 6

Senior living and healthcare organizations offer a variety of options for people looking for services. However, their products and services often leave people with more questions than answers. Come learn about the different levels of care across the different settings of senior living.

**HEALTH EDUCATION**  
**1:00 MONDAY, JULY 11, 2022**  
**WELLMED - NURSE ERIKA**  
**MEDICATION REVIEW**

A medicines review is a meeting with your doctor, pharmacist or nurse to talk about your medicines. Your medicines should be reviewed regularly (usually once a year) to check that they are right for you.

**Why medicine reviews are necessary?**

- Developed a side effect
- Start taking new medicine
- Changes in health
- Talking large number of medicine
- Medicine no longer need for day to day health

**JEWELRY CRAFTING CLASS**  
**9:00-10:00 EVERY MONDAY**  
**OPEN JEWELRY CRAFTING**  
**TUESDAY AFTERNOON, WEDNESDAY ALL DAY**  
**THURSDAY AND FRIDAY MORNING**

**JOIN US!**  
**District 5 Senior Center**  
**MISSION WALKERS**  
**EVERY THURSDAY 9AM-10AM**  
WITH NURSE ERIKA

**Bihl Haus GO! Art**  
**SESSION 3 : JULY 5—September 23**

Thursday	1:30 - 3:30	Beginner Drawing
Friday	1:30 - 3:30	Beginner Painting

**REGISTRATION REQUIRED**  
NO Experience Necessary ♦ FREE Supplies

**FOOD BANK**  
1:00- 2:30 Wednesday, July 13  
**CURBSIDE PICKUP - BRING YOUR BIN**  
**APPROVED APPLICATION REQUIRED**

**FLEA MARKET**  
**DISTRICT 5 SENIOR CENTER**  
**FRONT PARKING AREA**  
**8:00-11:00 WEDNESDAY, JULY 13, 2022**  
**2701 South Presa**

**OASIS Computer Classes** **INSTRUCTOR JULIE ELIZONDO**

Wednesday		
July 6	9:00-11:00	Going Wireless
July 11	9:00-11:00	Wellness on the Web
July 20-July 27	9:00-11:00	Exploring the Internet
July 6-Aug 10	1:00-3:00	Introduction to Computers
Friday		
July 8-July 29	9:00-11:00	Introduction to Word
July 1	9:00-11:00	Windows 10

**Volunteers Wanted!**

- Meal Service - Event Planning
- Food Bank - Wellness
- Event Decorations and more

**IT'S SHOPPING TIME!**  
**10:30-12:00 SHOPPING - TUESDAY, JULY 19**  
**10:30-12:00 HEB - FRIDAY, JULY 29**  
**RESERVATION REQUIRED**

**Center Entertainment**

Monday	12:30 - 2:00	Loteria
Wednesday	12:30 - 2:00	Pokeno
Thursday	12:30 - 2:00	Bingo

**NO POKENO ON FOOD BANK DAY**

**Rhythm Royale Percussion**  
9:30 - 10:30 Every Tuesday

Free Use of Equipment!

No Experience Needed!

**CAREGIVER SOS**

**CAREGIVER SUPPORT**

This group provides a place to be with others who are doing the same thing and receive encouragement, affirmation, and support as you offer yourself unselfishly to your beloved family member!

**JOIN US**  
**9:00 - 10:00 Monday**  
**July 11, 18 and 25**

Harry Miller,  
Caregiver Specialist

**COMING SOON SIGN UP**

**Patio Herb Garden**

12:00 Tuesday, July 19  
Create a dream catcher to hang in the patio

**Nutrition Education**  
**WITH Maria Andrade**

12:00 Tuesday, July 12

**UTSA Digital Nutrition**

Purpose  
The purpose of this study is to provide **technology education** and **nutrition education** online using technology.

Provided by UTSA Researchers and Students

- Live nutrition education sessions on the tablet
- Recorded sessions
- Socialization online
- Rewards system

**FUN AND FIT**  
**YWCA EXERCISE**

Monday	10:00 - 10:45	Low Impact Cardio
Tuesday	9:45 - 10:30	Joint Movement
Tuesday	1:00 - 1:45	Stretch and Tone
Wednesday	9:45 - 10:30	Joint Movement
Thursday	10:00 - 10:45	Stretch and Tone
Friday	10:00 - 10:45	Exercise Equipment

**NO CLASS ON FIRST WEDNESDAY OF THE MONTH**  
WITH PERSONAL TRAINER